



# Don't get Sick!

## Here's what you can do to stay away from germs:

- » Wash your hands lots of times during the day. Use soap and warm water or an antibacterial hand sanitizer.
- » Cover your mouth and nose when you cough or sneeze. Use a tissue or your arm – not your hands. Throw out your used tissue right away! Keep your hands away from your eyes and nose.
- » Don't share drinks or straws with anyone.
- » Stay away from other people who are sick.

